

Specialized Recreation

Recreation is for Everyone

If you are interested in any class but hesitate to register because of a developmental or physical limitation, please call the Spartan Recreation Center at (206) 801-2600 for help in getting started. Reasonable accommodations will need a minimum of three weeks notice in advance of the program start date. **Participants needing individual assistance to participate in programs, including toileting, transferring, eating, dressing or behavior intervention, must bring an attendant/companion to programs.**

Scholarships Available

Call (206) 801-2600 for information!

Adult Community Choices

Adult Community Choices is a great opportunity to express yourself through cooking, therapeutic recreation, music and art. The daily schedule will also include field trips to exciting places. This program emphasizes community exploration and building relationships. The staff will make everyone feel welcome. Please call (206) 801-2600 for more information. Sign-up for all 4 days and save big. Please bring a sack lunch. Transportation information: Access drop-off 10:00 a.m. Access pick-up from 1:30-2:00pm. No program on 11/11 and 11/27.

Age: 18 Years and up

Session 1

#66686 M-Th 9/8-10/23
Fee: \$280; w/Resident Disc: \$250
#66682 M 9/8-10/20
#66683 Tu 9/9-10/21
#66684 W 9/10-10/22
#66685 Th 9/11-10/23
Fee: \$80; w/Resident Disc: \$70

Session 2

#66691 M-Th 11/3-12/18
Fee: \$270; w/Resident Disc: \$240
#66687 M 11/3-12/15
Fee: \$80; w/Resident Disc: \$70
#66688 Tu 11/4-12/16
Fee: \$70; w/Resident Disc: \$60
#66689 W 11/5-12/17
Fee: \$80; w/Resident Disc: \$70
#66690 Th 11/6-12/18
Fee: \$70; w/Resident Disc: \$60
Time: 10:00am-2:00pm
Instructor: Carmen Murrell
Location: Richmond Highlands Recreation Center

Volunteers Wanted

Please contact the Spartan Recreation Center if you are interested/available to assist with our programs. As a volunteer, you will have the opportunity to share your compassion for other people while receiving a great deal of friendship in return.

Give it a try!

Call (206) 801-2600 for details!

Creative Arts for Life Drama

Join instructor Elena Haas in this program that explores the world of theatrical drama. This class will encourage growth through listening, expression and activities.

Let's get to know one another through the creative world of drama! Using the world around us; our experiences and interests, we will work through dramatic exercises and skills in a community that is uniquely our own. Through what each person brings, we will shape and grow what is to come. You are invited to come and explore as we get to know each other in a creative, supportive and fun way.

Age: 18 Years and up

#66666 W 9/10-11/19 6:30-8:00pm

Instructor: Elena Haas

Location: Spartan Recreation Center, Olympic Room

Fee: \$120; w/Resident Disc: \$105

Special Olympics Basketball

Join us for a fun season of basketball! Current Special Olympics Participation Application form required in order to participate. Athletes need to be able to follow directions.

Age: 13 Years and up

#66876 Su 12/14-3/8 3:00-5:00pm

Instructor: Christy Wicklander

Location: Spartan Recreation Center, Entire Gymnasium

Fee: \$90; w/Resident Disc: \$80

Battle of Seattle Soccer!

Join us as we cheer on the UW Husky Women's Soccer team as they take on their rivals, the Seattle University Red Hawks. These two teams will be continuing their battle of proving which Seattle college has the best women's soccer team! We will have dinner at Spartan Recreation Center before heading to the game. Please dress for the weather. Drop-off and pick-up at the Spartan Recreation Center.

Age: 18 Years and up

#66692 F 9/19 5:00-9:30pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center, Parking Lot

Fee: \$37; w/Resident Disc: \$32

Specialized Recreation

Dinner and a Movie

Enjoy a fun evening as we cook a healthy meal together and watch a latest movie release. Drop-off and pick-up at the Spartan Recreation Center.

Age: 14 Years and up

Italian Night

#66693 F 9/12 5:00-9:00pm

Breakfast

#66694 F 11/21 5:00-9:00pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center,
Cascade Room-w/Kitchen

Fee: \$27; w/Resident Disc: \$22

Happy Trails Adventure!



Come join us as we partner with our Adult Hiking group on a beautiful walk along the Great Northern Railway. This hike is around 1-2 miles with very minimal elevation gain making this trip fully accessible for wheelchairs! Please bring a sack lunch. We will be stopping for ice cream on the way home, which is included in the trip price. Drop-off and pick-up at the Spartan Recreation Center.

Age: 16 Years and up

#67186 Sa 9/27 11:00am-4:00pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center, Parking Lot

Fee: \$17; w/Resident Disc: \$15

B-I-N-G-O Night!!

Get ready, it is time for BINGO!! Come on down to the Spartan Recreation Center and join us for a fun filled night of Bingo. We will have some great prizes, so dust off your Bingo skills and hope tonight is your lucky night! Light refreshments will be provided, but please do eat dinner before you come. Drop-off and pick-up at the Spartan Recreation Center.

Age: 16 Years and up

#66697 F 10/10 6:00-8:00pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center,
Olympic Room

Fee: \$13; w/Resident Disc: \$10

Bowling & Dinner

We will meet at Spin Alley for a fun session of bowling. After that we will head next door for a feast. Pick up and drop off at Spin Alley. All fees are included in the registration price.

Age: 13 Years and up

#66695 Sa 11/15 2:00-6:00pm

Instructor: Carmen Murrell

Location: Spin Alley Family Bowling Center,
Bowling Center

Fee: \$46; w/Resident Disc: \$39

Holiday Party

Celebrate the holidays with your friends. We will make cards and a special gift for a loved one. We will have a nice dinner together and watch a few holiday classic movies. Supplies and dinner covered in fee.

Age: 15 Years and up

#66698 F 12/5 5:00-9:00pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center,
Cascade Room

Fee: \$30; w/Resident Disc: \$25

Lights, Camera, Action!

'Tis the Season! Come join us as we support local artists by going to see a play. We will not be providing food for this event, so please eat before you come. Drop-off and pick-up will be at the Spartan Recreation Center.

Age: 18 Years and up

#66763 W 12/12 6:00-9:30pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center,
Olympic Room

Fee: \$48; w/Resident Disc: \$43

Monster Mash Dance

Dress up if you dare, you could win a prize. Dance the night away to Captain Jack and the Pirates! Fun games, dance contests and light snacks will be provided.

Age: 13 Years and up

#66696 F 10/24 6:00-8:00pm

Instructor: Carmen Murrell

Location: Spartan Recreation Center,
Entire Gymnasium

Fee: \$6

